

20<sup>th</sup> April 2021

Dear parent/carers,

On Friday 23<sup>rd</sup> April, Year 7 will be participating in their first ERA day of the academic year. Our ERA days are unique to Montsaye and help students develop the skills of Excellence, Resilience and Aspiration. In order to achieve this, instead of their normal timetable, Year 7s will be undertaking a range of activities designed to build physical, mental and emotional skills and prepare them for the challenges they face now they have transitioned to secondary school.

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this in a range of ways. A main focus of this ERA day is e-safety and student welfare. We have invited Loudmouth productions to deliver virtual sessions on the day. They will perform the educational play 'My mate fancies you'. This is a funny, appropriate and well researched production, exploring how the characters' different friendships and relationships change from year 5 to year 8. Issues covered in the play and subsequent workshop include the challenges of transition to secondary school, puberty, family life and friendships. In addition to the Loudmouth workshop we have Beccy from Amplifyouth in to discuss emotional intelligence and healthy relationships with the students. She will be giving information and guidance on navigating friendships in a positive way.

Parents can withdraw their children from all or part of sex education that does not form part of the statutory National Curriculum. If you wish to withdraw your child from the lessons on sexual health and safe relationships please inform the pastoral team by emailing Miss Howell on ghowell@montsaye.northants.sch.uk.

Students will also be involved in a range of further activities including Quidditch, organised by our PE department, a craft activity about self-esteem and friendship, further e-safety training and an interactive session on our ERA values.

They will wear full PE kit for the day. Students will also need their school bag with usual equipment as per the academy's expectations. They will not need their DEAR (reading) book on the ERA day.

We look forward to delivering an informative, engaging day for the year 7 students.

If you have any queries about any aspects of the day, please do not hesitate in contacting us at school.

Yours sincerely,

Emma Lopes, SMSC Lead & Claire Petchey, Year 7 Progress Leader